



SHERINGDALE

**Sheringdale PE Medium Term Plans
KS1 and KS2**

PE in the EYFS

The most relevant statements for PE are taken from the following areas of learning:

- Personal, Social and Emotional Development
- Physical Development
- Expressive Arts and Design

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| Three and Four-Year-Olds | Personal, Social and Emotional Development | <ul style="list-style-type: none"> • Select and use activities and resources, with help when needed. This helps them to achieve a goal they have chosen or one which is suggested to them. • Increasingly follow rules, understanding why they are important. • Remember rules without needing an adult to remind them. |
| | Physical Development | <ul style="list-style-type: none"> • Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills. • Go up steps and stairs, or climb up apparatus, using alternate feet. • Skip, hop, stand on one leg and hold a pose for a game like musical statues. • Use large-muscle movements to wave flags and streamers, paint and make marks. • Start taking part in some group activities which they make up for themselves, or in teams. • Increasingly able to use and remember sequences and patterns of music that are related to music and rhythm. • Match their developing physical skills to tasks and activities in the setting. For example, they decide whether to crawl, walk or run across a plank, depending on its length and width. • Choose the right resources to carry out their own plan. For example, choosing a spade to enlarge a small hole they dug with a trowel. • Collaborate with others to manage large items, such as moving a long plank safely, carrying large hollow blocks. • Show a preference for a dominant hand. • Be increasingly independent as they get dressed and undressed. For example, putting coats on and doing up zips. |
| | Expressive Arts and Design | <ul style="list-style-type: none"> • Respond to what they have heard, expressing their thoughts and feelings. |

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| Reception | Personal, Social and Emotional Development | <ul style="list-style-type: none"> • Manage their own needs. -personal hygiene • Know and talk about the different factors that support overall health and wellbeing: <ul style="list-style-type: none"> -regular physical activity |
| | Physical Development | <ul style="list-style-type: none"> • Revise and refine the fundamental movement skills they have already acquired: <ul style="list-style-type: none"> - rolling - running - crawling - hopping - walking - skipping - jumping - climbing • Progress towards a more fluent style of moving, with developing control and grace. • Develop overall body-strength, balance, coordination and agility needed to engage successfully with future physical education sessions and other physical disciplines, including dance, gymnastics, sport and swimming. • Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor. • Combine different movements with ease and fluency. • Confidently and safely use a range of large and small apparatus indoors and outdoors, alone and in a group. • Develop overall body strength, balance, coordination and agility. |

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| | Expressive Arts and Design | | <ul style="list-style-type: none"> • Explore, use and refine a variety of artistic effects to express their ideas and feelings. • Return to and build on their previous learning, refining ideas and developing their ability to represent them. • Create collaboratively, sharing ideas, resources and skills. • Listen attentively, move to and talk about music, expressing their feelings and responses. • Watch and talk about dance and performance art, expressing their feelings and responses. • Explore and engage in music making and dance, performing solo or in groups. |
| ELG | Personal, Social and Emotional Development | Managing Self | <ul style="list-style-type: none"> • Be confident to try new activities and show independence, resilience and perseverance in the face of a challenge. • Explain the reasons for rules, know right from wrong and try to behave accordingly. • Manage their own basic hygiene and personal needs, including dressing. |
| | | Building Relationships | <ul style="list-style-type: none"> • Work and play cooperatively and take turns with others. |
| | Physical Development | Gross Motor Skills | <ul style="list-style-type: none"> • Negotiate space and obstacles safely, with consideration for themselves and others. • Demonstrate strength, balance and coordination when playing. • Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. |
| | Expressive Arts and Design | Being Imaginative and Expressive | <ul style="list-style-type: none"> • Perform songs, rhymes, poems and stories with others, and (when appropriate) try to move in time with music. |

Year: 1
Term: Autumn

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| <p align="center">PE NC focus</p> | <p>Health & Fitness Most children:</p> <ul style="list-style-type: none"> • Know that being active is good for them and fun <p>Football Fundamentals</p> <ul style="list-style-type: none"> • Can begin to master and use skills control effectively • Can demonstrate agility, balance, co-ordination when running. | <p>Floor Gymnastics Most children:</p> <ul style="list-style-type: none"> • Move confidently and safely in their own and general space, using change of speed and direction • Perform movement phrases using a range of body actions and body parts • Watch, copy and describe what they and others have done <p>Large ball skills</p> <ul style="list-style-type: none"> • Choose and use skills effectively for particular games |
| <p align="center">wider links</p> | | |

Year: 1
Term: Spring

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| <p align="center">PE NC focus</p> | <p>Apparatus Gymnastics Most children:</p> <ul style="list-style-type: none"> • Move confidently and safely in their own and general space, using change of speed and direction • Know how to carry and place apparatus • Recognise how their body feels when still and when exercising <p>Co-ordination skills</p> <ul style="list-style-type: none"> • Explore and use skills, actions and ideas individually and in combination to suit the game they are playing | <p>Dance Most children:</p> <ul style="list-style-type: none"> • Move confidently and safely in their own and general space, using changes of speed, level and direction • Perform movement phrases using a range of body actions and body parts <p>Large ball skills – hands</p> <ul style="list-style-type: none"> • Choose and use skills effectively for particular games • Watch, copy and describe what others are doing |
| <p align="center">wider links</p> | | <p>Nautical/Pirate songs - water sounds and movement e.g. (Horn blower)</p> |

Year: 1
Term: Summer

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| <p>PE NC focus</p> | <p>Social Dodgeball: Running, Throwing and dodging Most children:</p> <ul style="list-style-type: none"> • Use their bodies and a variety of equipment with greater control and coordination • Recognise and describe what their bodies feel like during different types of activity <p>Striking/Fielding – Tennis</p> <ul style="list-style-type: none"> • Are confident and safe in the spaces used to play games • Can explore and use skills, actions and ideas individually and in combination to suit the game they are playing • Will watch, copy and describe what others are doing | <p>Athletics: Sports Day Training Most children:</p> <ul style="list-style-type: none"> • Use their bodies and a variety of equipment with greater control and coordination • Recognise and describe what their bodies feel like during different types of activity <p>Striking/Fielding – Rounders: throwing, catching & fielding</p> <ul style="list-style-type: none"> • Explore and use skills, actions and ideas individually and in combination to suit the game they are playing |
| <p>wider links</p> | | <p>School Sports Day</p> |

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| <p>Year: 2 Term: Autumn</p> | | |
| <p>PE NC focus</p> | <p>Health & Fitness Most children:</p> <ul style="list-style-type: none"> • Recognise and describe what their bodies feel like during different types of activity <p>Invasion Games – Football</p> <ul style="list-style-type: none"> • Improve the way they coordinate and control their bodies and a range of equipment • Remember, repeat and link combinations of skills • Choose, use and vary simple tactics | <p>Floor Gymnastics Most children:</p> <ul style="list-style-type: none"> • Remember, repeat and link combinations of gymnastic actions, body shapes and balances with control and precision • Choose, use and vary simple compositional ideas in the sequences they create and perform. <p>Invasion Games – Ball skills: Tag Rugby</p> <ul style="list-style-type: none"> • Consolidate and improve the quality of their techniques and their ability to link movements • Improve their ability to choose and use simple tactics and strategies • Remember, repeat and link combinations of skills • Choose, use and vary simple tactics |
| <p>wider links</p> | | |

Year: 2
Term: Spring

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| PE NC focus | <p>Apparatus Gymnastics Most children:</p> <ul style="list-style-type: none"> Remember, repeat and link combinations of gymnastic actions, body shapes and balances with control and precision Lift, move and place equipment safely Improve their work using information they have gained by watching, listening and investigating <p>Ball Skills / Hockey</p> <ul style="list-style-type: none"> Improve the way they coordinate and control their bodies and a range | <p>Dance Most children:</p> <ul style="list-style-type: none"> Explore, remember, repeat and link a range of actions with coordination, control and an awareness of the expressive qualities of dance Compose and perform dance phrases and short dances Watch and describe dance phrases and use what they learn to improve their own work <p>Invasion Games – Large ball skills: Netball</p> <ul style="list-style-type: none"> Improve the way they coordinate and control their bodies and a range |
| | <p>of equipment</p> <ul style="list-style-type: none"> Remember, repeat and link combinations of skills Choose, use and vary simple tactics Recognise good quality in performance Use information to improve their work | <p>of equipment</p> <ul style="list-style-type: none"> Remember, repeat and link combinations of skills Choose, use and vary simple tactics Recognise good quality in performance Use information to improve their work |
| wider links | | |

Year: 2
Term: Summer

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| <p>PE NC focus</p> | <p>Social Dodgeball: Running, Throwing and dodging Most children:</p> <ul style="list-style-type: none"> • Use their bodies and a variety of equipment with greater control and coordination • Recognise and describe what their bodies feel like during different types of activity • I can encourage my team mates and compete fairly against other teams. <p>Striking/Fielding – Tennis</p> <ul style="list-style-type: none"> • Improve the way they coordinate and control their bodies and a range of equipment • Recognise good quality in performance | <p>Athletics: Sports Day Training Most children:</p> <ul style="list-style-type: none"> • Use their bodies and a variety of equipment with greater control and coordination • Recognise and describe what their bodies feel like during different types of activity <p>Striking/Fielding – Rounders: throwing, catching & fielding</p> <ul style="list-style-type: none"> • Improve the way they coordinate and control their bodies and a range of equipment • Remember, repeat and link combinations of skills |
| <p>wider links</p> | <p>Wandsworth Tennis Competition</p> | <p>School Sports Day</p> |

Year: 3
Term: Autumn

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| <p>PE NC focus</p> | <p>Health and Fitness Most Children:</p> <ul style="list-style-type: none"> • Know and describe the short-term effects of different exercise activities on the body • Know how to improve stamina <p>Invasion Games – Football</p> <ul style="list-style-type: none"> • Improve their ability to choose and use simple tactics and strategies • Recognise good performance and identify the parts of a performance that need improving | <p>Floor Gymnastics Most Children:</p> <ul style="list-style-type: none"> • Consolidate and improve the quality of their actions, body shapes and balances, and their ability to link movements • Improve their ability to select appropriate actions and use simple compositional ideas • Know the importance of suppleness and strength <p>Invasion Games - Tag Rugby</p> <ul style="list-style-type: none"> • Consolidate and improve the quality of their techniques and their ability to link movements • Improve their ability to choose and use simple tactics and strategies |
| <p>wider links</p> | | |

Year: 3
Term: Spring

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| <p align="center">PE NC focus</p> | <p>Apparatus Gymnastics Most Children:</p> <ul style="list-style-type: none"> • Consolidate and improve the quality of their actions, body shapes and balances, and their ability to link movements • Describe and evaluate the effectiveness and quality of a performance • Recognise how their own performance has improved <p>Invasion Games – Hockey</p> <ul style="list-style-type: none"> • Consolidate and improve the quality of their techniques and their ability to link movements • Develop the range and consistency of their skills in all games • Recognise good performance and identify the parts of a performance that need improving | <p>Dance Most Children:</p> <ul style="list-style-type: none"> • Improvise freely on their own and with a partner, translating ideas from a stimulus into movement • Perform dances with an awareness of rhythmic, dynamic and expressive qualities • Describe and evaluate some of the compositional features of dances performed with a partner and in a group <p>Invasion Games – Netball</p> <ul style="list-style-type: none"> • Consolidate and improve the quality of their techniques and their ability to link movements • Develop the range and consistency of their skills in all games • Recognise good performance and identify the parts of a performance that need improving |
| | <p>wider links</p> | |

Year: 3
Term: Summer

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| <p align="center">PE NC focus</p> | <p>Tennis Most Children:</p> <ul style="list-style-type: none"> • Consolidate and improve the quality of their techniques • Develop the range and consistency of their skills in all games • Keep, adapt and make rules • Use what they have learned to improve their work <p>Striking/Fielding – Kwik Cricket</p> <ul style="list-style-type: none"> • Consolidate and improve the quality of their techniques • Develop the range and consistency of their skills in all games • Keep, adapt and make rules • Use what they have learned to improve their work | <p>Striking/Fielding – Rounders Most Children:</p> <ul style="list-style-type: none"> • Consolidate and improve the quality of their techniques • Develop the range and consistency of their skills in all games • Keep, adapt and make rules • Use what they have learned to improve their work <p>Athletics - Sports Day Training</p> <ul style="list-style-type: none"> • Consolidate and improve the quality, range and consistency of the techniques they use for particular activities • Develop their ability to choose and use simple tactics and strategies in different situations |
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| wider links | Wandsworth Tennis Competition | School Sports Day |
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Year: 4
Term: Autumn

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| PE NC focus | <p>Health and Fitness Most Children:</p> <ul style="list-style-type: none"> Recognise which activities help their speed, strength and stamina and know when they are important in games Recognise how specific activities affect their bodies <p>Invasion Games – Football</p> <ul style="list-style-type: none"> Use and adapt tactics in different situations Recognise aspects of their work that need improving Suggest practices to improve their play <p>Swimming Lessons</p> <ul style="list-style-type: none"> Consolidate and develop the quality of their skills e.g front crawl, back crawl, breaststroke, floating, survival skills Improve linking movements and actions | <p>Floor Gymnastics Most Children:</p> <ul style="list-style-type: none"> Develop the range of actions, body shapes and balances they include in a performance Perform skills and actions more accurately and consistently Create gymnastic sequences that meet a theme or set of conditions Use compositional devices when creating their sequences, such as changes in speed, level and direction <p>Invasion Games - Tag Rugby</p> <ul style="list-style-type: none"> Consolidate and improve the quality of their techniques and their ability to link movements Develop the range and consistency of their skills <p>Swimming Lessons</p> <ul style="list-style-type: none"> Consolidate and develop the quality of their skills e.g front crawl, back crawl, breaststroke, floating, survival skills Improve linking movements and actions |
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Year: 4 Term:
Spring

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| PE NC focus | <p>Apparatus Gymnastics Most Children:</p> <ul style="list-style-type: none"> Perform skills and actions more accurately and consistently Describe their own and others' work, making simple judgements about the quality of performances and suggesting ways they could be improved <p>Invasion Games – Hockey</p> <ul style="list-style-type: none"> Develop the range and consistency of their skills in all games | <p>Dance Most Children:</p> <ul style="list-style-type: none"> Explore and create characters and narratives in response to a range of stimuli Use simple choreographic principles to create motifs and narrative Some children will: Perform complex dance phrases and dances that communicate character and narrative |
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| | <ul style="list-style-type: none"> • Use and adapt tactics in different situations • Recognise which activities help their speed, strength and stamina and know when they are important in games. | Invasion Games – Netball <ul style="list-style-type: none"> • Consolidate and improve the quality of their techniques and their ability to link movements • Develop the range and consistency of their skills • Recognise good performance and identify the parts of a performance that need improving. |
| wider links | | |
| Year: 4 Term: Summer | | |
| PE NC focus | Tennis Most Children: <ul style="list-style-type: none"> • Consolidate and improve the quality of their techniques • Develop the range and consistency of their skills and control • Use and adapt tactics in different situations • Use what they have learned to improve their work Striking/Fielding – Kwik Cricket <ul style="list-style-type: none"> • Consolidate and improve the quality of their techniques • Develop the range and consistency of their batting, bowling and fielding skills • Recognise how specific activities affect their bodies • Suggest practices to improve their play Swimming Lessons <ul style="list-style-type: none"> • Consolidate and develop the quality of their skills e.g front crawl, back crawl, breaststroke, floating, survival skills Improve linking movements and actions | Striking/Fielding – Rounders Most Children: <ul style="list-style-type: none"> • Consolidate and improve the quality of their techniques • Develop the range and consistency of their batting, bowling and fielding skills • Use and adapt tactics in different situations • Recognise aspects of their work that need improving • Suggest practices to improve their play Athletics - Sports Day Training <ul style="list-style-type: none"> • Consolidate and improve the quality, range and consistency of the techniques they use for particular activities • Develop their ability to choose and use simple tactics and strategies in different situations Swimming Lessons <ul style="list-style-type: none"> • Consolidate and develop the quality of their skills e.g front crawl, back crawl, breaststroke, floating, survival skills • Improve linking movements and actions |
| wider links | Wandsworth Tennis Competition | Wandsworth Kwik cricket tournament School Sports Day |

Year: 5
Term: Autumn

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| PE NC focus | <p>Health and Fitness/X Country Most Children:</p> <ul style="list-style-type: none"> • Know and understand the basic principles of warming up, and understand why it is important for a good-quality performance • Understand why exercise is good for their fitness, health and wellbeing <p>Invasion Games – Football</p> <ul style="list-style-type: none"> • Develop a broader range of techniques and skills for attacking and defending • Know and apply the basic strategic and tactical principles of attack, and to adapt them to different situations • Suggest improvements in own and others’ performances | <p>Floor Gymnastics Most Children:</p> <ul style="list-style-type: none"> • Perform actions, shapes and balances consistently and fluently in specific activities • Choose and apply basic compositional ideas to the sequences they create, and adapt them to new situations • Choose and use information and basic criteria to evaluate their own and others’ work <p>Invasion Games - Tag Rugby</p> <ul style="list-style-type: none"> • Develop a broader range of techniques and skills for attacking and defending • Develop consistency in their skills • Know and apply the basic strategic and tactical principles of attack, and to adapt them to different situations <p>Suggest improvements in own and others’ performances</p> |
| wider links | Putney Primary Schools Cross-Country Putney Primary Schools Football League | Wandsworth mixed tag-rugby tournament |

Year: 5
Term: Spring

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| PE NC focus | <p>Apparatus Gymnastics Most Children:</p> <ul style="list-style-type: none"> • Perform actions, shapes and balances consistently and fluently • Describe their own and others’ work, making simple judgements about the quality of performances and suggesting ways they could be improved <p>Invasion Games – Hockey</p> <ul style="list-style-type: none"> • Develop a broader range of techniques and skills for attacking and | <p>Dance Most Children:</p> <ul style="list-style-type: none"> • Explore and improvise ideas for dances in different styles, working on their own, with a partner and in a group • Compose dances by using adapting and developing steps, formations and patterning from different dance styles Some children will: • Perform dances expressively, using a range of performance skills |
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| | defending <ul style="list-style-type: none"> • Know and apply the basic strategic and tactical principles of attack, and to adapt them to different situations • Suggest improvements in own and others' performances | Invasion Games – Netball <ul style="list-style-type: none"> • Develop a broader range of techniques and skills for attacking and defending • Know and apply the basic strategic and tactical principles of attack, and to adapt them to different situations |
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| wider links | Wandsworth Quicksticks mixed hockey festival | Sports themed dance |
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Year: 5
Term: Summer

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| PE NC focus | Athletics – Putney Primary Schools Sports Day Training Most Children: <ul style="list-style-type: none"> • Develop the consistency of their actions in a number of events • Choose appropriate techniques for specific events • Evaluate their own and others' work and suggest ways to improve it Striking/Fielding – Kwik Cricket <ul style="list-style-type: none"> • Develop the range and consistency of their batting, bowling and fielding skills • Develop a broader range of techniques and skills for attacking and defending • Suggest practices to improve theirs and others' play | Striking/Fielding – Rounders Most Children: <ul style="list-style-type: none"> • Develop the range and consistency of their batting, bowling and fielding skills • Use and adapt tactics in different situations • Recognise aspects of their work that need improving Athletics - Sports Day Training <ul style="list-style-type: none"> • Develop the consistency of their actions in a number of events • Choose appropriate techniques for specific events • Evaluate their own and others' work and suggest ways to improve it |
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| wider links | | Putney Primary Schools Sports day Wandsworth Kwik cricket tournament & School Sports Day |
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Year: 6
Term: Autumn

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| <p>PE NC focus</p> | <p>Health and Fitness/X Country Most Children:</p> <ul style="list-style-type: none"> • Know and understand the basic principles of warming up, and understand why it is important for a good-quality performance • Understand why exercise is good for their fitness, health and wellbeing <p>Invasion Games – Football</p> <ul style="list-style-type: none"> • Understand, choose and apply a range of tactics and strategies for defence and attack • Use these tactics and strategies more consistently in similar games • Develop their ability to evaluate their own and others’ work, and to suggest ways to improve it | <p>Floor Gymnastics Most Children:</p> <ul style="list-style-type: none"> • Combine and perform gymnastic actions, shapes and balances more fluently and effectively across the activity areas • Develop their own gymnastic sequences by understanding, choosing and applying a range of compositional\ principles • Evaluate their own and others’ work and suggest ways of making improvements <p>Invasion Games - Tag Rugby</p> <ul style="list-style-type: none"> • Choose, combine and perform skills more fluently and effectively • Know and apply the basic strategic and tactical principles of attack, and to adapt them to different situations <p>Suggest improvements in own and others’ performances</p> |
| <p>wider links</p> | <p>Putney Primary Schools Football and Netball league Putney Primary Schools Cross-Country</p> | <p>Wandsworth mixed tag-rugby tournament AFC Wimbledon 6-a-side Girls football competition AFC Wimbledon 6-a-side Boys football competition</p> |
| <p>Year: 6 Term: Spring</p> | | |
| <p>PE NC focus</p> | <p>Apparatus Gymnastics Most Children:</p> <ul style="list-style-type: none"> • Combine and perform gymnastic actions, shapes and balances more fluently and effectively across the activity areas • Develop their own gymnastic sequences by understanding, choosing and applying a range of compositional\ principles • Evaluate their own and others’ work and suggest ways of making improvements <p>Invasion Games – Hockey</p> <ul style="list-style-type: none"> • Choose, combine and perform skills more fluently and effectively | <p>Dance Most Children:</p> <ul style="list-style-type: none"> • Explore, improvise and combine movement ideas fluently and effectively • Compose dances by using adapting and developing steps, formations and patterning from different dance styles • Evaluate, refine and develop their own and others work Some children will: • Perform dances expressively, using a range of performance skills <p>Invasion Games – Netball</p> <ul style="list-style-type: none"> • Choose, combine and perform skills more fluently and effectively |
| | <ul style="list-style-type: none"> • Understand, choose and apply a range of tactics and strategies for defence and attack • Develop their ability to evaluate their own and others’ work, and to suggest ways to improve it | <ul style="list-style-type: none"> • Understand, choose and apply a range of tactics and strategies for defence and attack • Develop their ability to evaluate their own and others’ work, and to suggest ways to improve it |

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| <p>wider links</p> | <p>Wandsworth Quicksticks mixed hockey festival</p> | <p>The Charleston – links with Geog. topic – N America Putney Primary Schools Hi-5 Netball League Putney Primary Schools Girls Football competition</p> |
| <p>Year: 6 Term: Summer</p> | | |
| <p>PE NC focus</p> | <p>Athletics – Putney Primary Schools Sports Day Training Most Children:</p> <ul style="list-style-type: none"> • Develop the consistency of their actions in a number of events • Choose appropriate techniques for specific events • Evaluate their own and others’ work and suggest ways to improve it <p>Striking/Fielding – Kwik Cricket</p> <ul style="list-style-type: none"> • Develop the consistency of their batting, bowling and fielding skills • Develop a broader range of techniques and skills for attacking and defending • Suggest practices to improve theirs and others’ play | <p>Striking/Fielding – Rounders Most Children:</p> <ul style="list-style-type: none"> • Develop the range and consistency of their batting, bowling and fielding skills • Use and adapt tactics in different situations • Recognise aspects of their work that need improving <p>Athletics - Sports Day Training & Orienteering</p> <ul style="list-style-type: none"> • Develop the consistency of their actions in a number of events • Choose appropriate techniques for specific athletic events • Evaluate their own and others’ work and suggest ways to improve it • Develop and refine orienteering and problem-solving skills when working in groups and on their own • Understand how the challenge of outdoor and adventurous activities can help their fitness, health and wellbeing <p>Non-swimmers catch up lessons</p> |
| <p>wider links</p> | | <p>Putney Primary Schools Sports day Wandsworth Boys and Girls Kwik cricket tournament School Sports Day</p> |